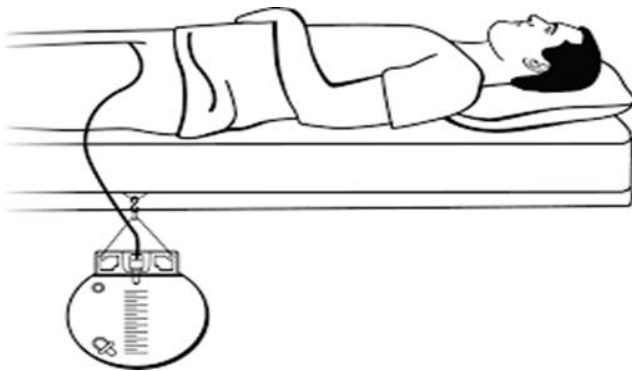




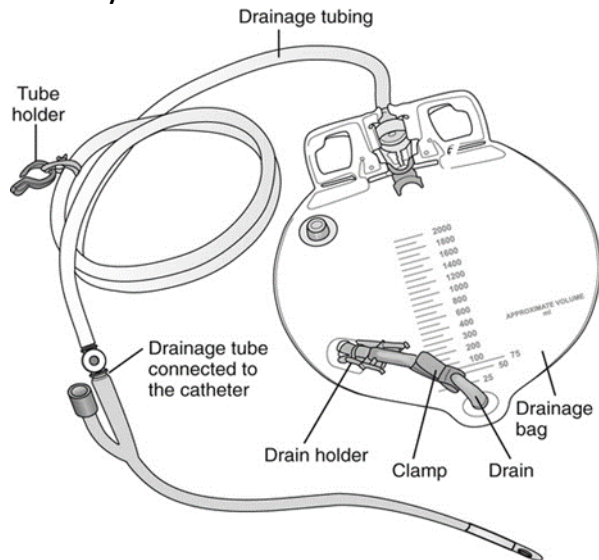
## **INDWELLING URINARY CATHETER (FOLEY) CARE AT HOME**



**VA CONTACT NUMBERS:**

## WHAT IS A FOLEY CATHETER?

- A thin, hollow, soft tube drains your bladder. The urine collects in the bag
- The tube is passed through the opening (urethra) in your penis or vaginal area
- A small water-filled balloon is inflated in the bladder
- The balloon prevents the catheter from falling out while you go about your normal activities

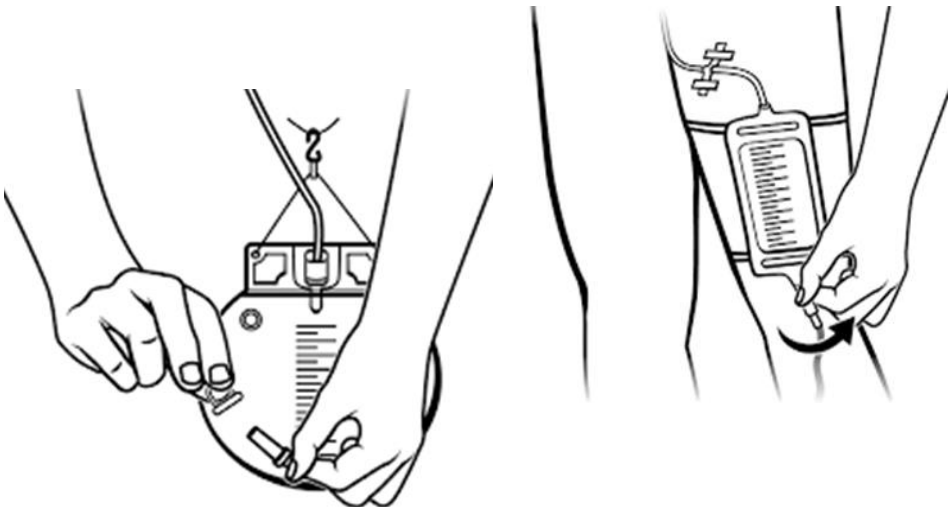


## WHY DO I NEED A CATHETER?

- To help empty urine from your bladder
- You may need a catheter for a short period or longer depending on your surgeon's plan

## EMPTYING YOUR CATHETER

- Empty when bag is 1/3-1/2 full
- Wash your hands with soap and warm water for at least 20 seconds every time you care for the catheter
- Release clamp to drain into measuring container or directly into toilet
- If your doctor has asked you to measure and record your urine output, drain the urine into a measuring container and record the date, time and amount
- If you do not need to measure your urine output, drain the urine into the toilet
- Do not touch the drain port with your fingers or with the container or toilet seat
- After the urine has drained completely, wipe the drain port with an alcohol swab and close the clamp
- If you are going to measure/record, use attached I&O sheet



## CLEANING YOUR CATHETER

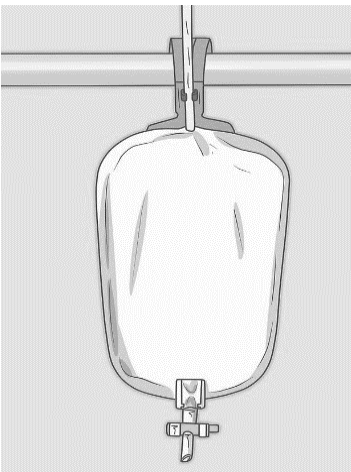
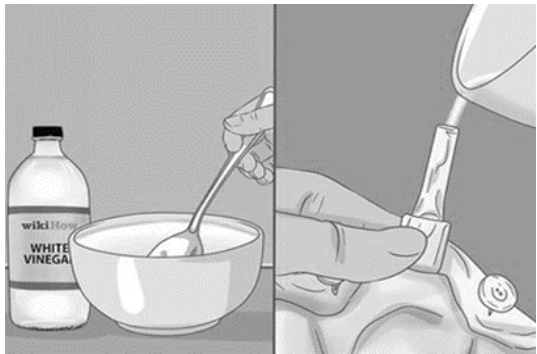
- Gather your supplies:
    - Mild soap ex: Dove®
    - Tap water
  - Wash your hands with soap and warm water for at least 20 seconds every time you care for the catheter
1. Using mild soap and water, clean your urinary opening, where catheter tube exits your body
  2. Clean your penis and scrotum or vaginal area
  3. Men should pull back foreskin, if present
  4. Women should separate labia, and clean area from front to back
  5. Hold catheter at the point it exits your body so that you don't pull on it
  6. Clean catheter tubing using mild soap and water where catheter exits your body and wipe down the tube away from your body
  7. Rinse the area well and dry it gently



## CLEANING URINE BAG

### Clean your used bag EVERY time you switch bags

- Empty the urine from the bag
- Rinse bag with 1 cup white vinegar and 3 cups tap water
- Soak the bag for 20 minutes
- Rinse bag out with warm water
- Hang bag up to dry with clamps open



Hang bag from shower curtain rod with hanger

## SHOWERING

- **Do Not** take a bath and/or soak until after your catheter is removed
- You can shower while you have your catheter in place
- Wash the genital area thoroughly with mild soap and water, rinse, and dry well every day
- Hold catheter at the point it enters your body so that you don't pull on it
- Clean catheter using mild soap and water where urinary catheter exits your body and then down the tube away from your body
- Rinse the area well and dry it gently

## SECURING DEVICES

- Secure catheter tubing to thigh using securement device
- Support the leg bag with elastic straps around your calf
- If you are using night bag, be sure not to let it drag on floor
- You will be sent home with the appropriate amount of supplies needed



## CHANGING YOUR FOLEY BAG

You will change your drainage bag twice daily:

- In morning: change night bag to leg bag
- Before bed: change leg bag to night bag

### Supplies:

- Clean washcloth or 4"x4" gauze
- Night or leg drainage bag
- 2 alcohol pads



1. Wash your hands
2. Empty urine from bag into the toilet
3. Do not let the spout of the bag touch the side of the toilet or emptying container
4. Place clean cloth or gauze under catheter and bag tubing connectors to catch any urine leakage
5. Pinch to separate catheter tubing from drainage bag
6. Wipe end of catheter/connector with an alcohol pad
7. Connect clean bag to catheter tubing and release pinch
8. Check all connections. Straighten any kinks or twists in tubing

## **TROUBLE SHOOTING**

### **My catheter is not draining:**

- Check for twisted or kinked tubing
- Make sure you are not lying on tubing
- Keep urine bag below waist level, at all times
- Ensure leg straps fit well and are not causing kinks in tubing or bag

### **My catheter is leaking:**

- Place a towel or waterproof pad under you
- If tube is disconnected from bag, clean both ends with an alcohol pad and reconnect
- If your catheter comes out of your urethra do not try to put the catheter back in, call your doctor
- Your surgeon will determine when it is time to remove the catheter

## **WHEN TO SEEK HELP**

- If your catheter comes out or is constantly leaking
- If your urine becomes more thick, cloudy, increased mucus or constant blood in urine
- If your urine has a strong, foul odor
- If skin has abnormal warmth, redness or swelling at tubing insertion site
- If no urine has drained from catheter in 6-8 hours
- If you have pain or burning around tubing in your bladder, stomach area, or lower back
- If you have shaking or chills, or temperature is >100.5°F or 38° C



### Supply Checklist for home care:

- ☐ Day Bag
- ☐ Leg straps
- ☐ Night Bag
- ☐ Alcohol wipes
- ☐ Stat Lock
- ☐ Urinal (measuring container)
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

**SPECIAL INSTRUCTIONS FROM SURGEON:**

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DATE	TIME	OUTPUT

Reviewed and Approved by: The Veteran  
Health Education Committee 10/21



U.S. Department  
of Veterans Affairs  
New Mexico VA  
Health Care System